

## The role and impact of Zakat in alleviating stunting by LazisMu DIY Region in Yogyakarta

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### Abstract

The aim of this research is to look at the role of zakat and LazisMu Special Region of Yogyakarta (LazisMu DIY Region) as zakat institutions in managing zakat, especially for stunting alleviation programs. Second, to see the impact that zakat beneficiaries (mustahik) feel with the stunting alleviation program. The population in this research is all parties involved in the Zakat program as an instrument for stunting alleviation by LazisMu DIY Region in 2022. Six people from three different groups were used as a sample: one from the Zakat Institution (LazisMu DIY Region), four mustahik who benefited from the stunting program, and one from the Field Officer (Regional Leadership of the Aisyiyah Special Region of Yogyakarta, or PWA DIY). This is qualitative research, and the data analysis techniques are qualitative descriptive analysis, validity testing (credibility test: data triangulation, transferability test, dependability test, confirmability test), and qualitative data analysis (data reduction, data display, drawing conclusion or verification) to look at the data in this study. The results show that the role of LazisMu DIY Region in distributing zakat funds is very important in efforts to alleviate stunting and has a large positive impact on beneficiaries.

Keywords: Zakat, Stunting Alleviation, LazisMu.

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### INTRODUCTION

The World Health Organization (WHO) defines stunting as impaired growth and development in children due to chronic malnutrition and recurrent infections, which is characterized by their body length or height being below standard (Susanti, 2022). A survey conducted by the Ministry of Health of the Republic of Indonesia provides trend data on the nutritional status of Indonesian toddlers, with the stunting prevalence rate decreasing by 2.8% from 2021 (24.4%) to 2022 (21.6%) (Munira, 2023). Reduce the prevalence of stunting to 14% nationwide by 2024, according to the government's target. Special Region of Yogyakarta Province is one of the provinces with a prevalence rate that is not yet at the 14% level, namely 16.4% (Kemenkopmk, 2023). This shows that the government's targets both nationally and regionally have not been achieved.

Stunting is an important public health problem because it has a major impact on children's health and the country's economic growth (Susanti, 2022). This is in line with the opinion of Laras & Mulyanti (2023) that the cause of stunting is not only food factors but also economic factors, namely poverty, which is closely related to stunting. Children in families with a low economic level are more at risk of experiencing stunting due to their low ability to fulfill nutrition, increasing the risk of malnutrition, as are mothers during adolescence and pregnancy. BPS (2023) released data on the percentage of poor people in September 2022, amounting to 9.57 percent of the total population of Indonesia, namely 26.36 million people below the poverty line. Special Region of Yogyakarta Province is one of them, because according to BPS data (2023), the number of poor people in Special Region of Yogyakarta Province is 463 thousand.

In the midst of existing problems, zakat is present as a solution to economic development and overcoming social problems (M. Abdullah & Sapiei, 2018). Apart from that, the findings of Ben Jedidia & Guerbouj (2021) believe that zakat can stimulate the country's growth. This is in line with Ascarya (2022), who said that Islamic Social Finance (ISF) with its instruments, especially zakat, infaq, and waqf,

can help the government and the economy recover from the crisis. Bin-Nashwan et al. (2020) also explain that Indonesia can reduce poverty through optimizing zakat distribution. Based on the priority scale and mustahik potential, Indonesian zakat institutions can implement an empowerment program to accomplish all of this (Herianingrum et al., 2023). Therefore, zakat must be an instrument of state income to encourage the socio-economic welfare of Muslims in particular and Indonesian society in general (Saidurrahman, 2013).

There are several studies in the field of zakat, such as Alshater et al. (2021), who conducted a literature review regarding the influencing aspects and context of various literature on zakat. His research found that research is still minimal and zakat is only discussed in the context of religion, institutional framework, its role in alleviating poverty, and managing zakat distribution. Long before this research was conducted N. Abdullah et al. (2015) also did the same thing, and this research found that zakat was effective in alleviating poverty and inequality in Pakistan based on the Basic Needs Deficiency Index (BNDI) calculation. This confirms the research conducted by Raimi et al. (2014) in his paper on the possibility of integrating corporate social responsibility (CSR), the Waqf system (WS), and the Zakat system (T'ZS) as a religion-based model (FBM) for poverty alleviation, business development, and economic empowerment in Muslim-majority countries (MMN). Zauro et al. (2020), in their research, also called on Muslims to make the instruments of Zakat, Sadaqah, and Qardhul Hassanas, which encourage efficient and effective redistribution of wealth between the rich and the poor, as part of the role of the caliph on this earth. A lot of research has been conducted on zakat, but not much research has looked at the role of zakat and zakat institutions in solving certain social problems, such as stunting, and how zakat impacts people who are stunted or who suffer from stunting.

The use of zakat is categorized into productive and consumptive. Productive zakat means giving zakat to the poor to use as business capital, which can become their livelihood. With this business, it is hoped that they will be able to meet their own living needs. Consumptive zakat is zakat given to those who cannot afford it and really need it directly, such as the poor, to fulfill their daily needs, including food, clothing, and shelter (Safradji, 2018). So, it is important to pay attention to the role of zakat managers in running zakat so that both consumptive and productive zakat can really help stop stunting in Indonesia, especially in the Special Region of Yogyakarta. The Muhammadiyah Amil Zakat Institution for the Special Region of Yogyakarta (LazisMu DIY Region) is one of the outstanding zakat managers. There are many awards to show this, such as one from the Ministry of Religion for the Special Region of Yogyakarta for the first best performance of the Amil Zakat Institution (LAZ) MediaMu (2019) and another from the National Population and Family Planning Agency (BKKBN) of the Republic of Indonesia for the largest contribution to the stunting management program (Firdaus, 2022). With these achievements, it is hoped that LazisMu can manage zakat effectively and that the beneficiaries (mustahik) really feel the benefits of zakat.

Based on this background, this research aims to find out "*The Role and Impact of Zakat in Alleviating Stunting by LazisMu DIY Region in Yogyakarta.*" The aim of this research is to look at the role of zakat and LazisMu Special Region of Yogyakarta (LazisMu DIY Region) as zakat institutions in managing zakat, especially for stunting alleviation programs. Second, to see the impact felt by zakat beneficiaries (mustahik) in the stunting alleviation program.

## LITERATUR REVIEW

According to Barbara (2008) in Rizal & Mukaromah (2021), the word philanthropy was a term that was not known in the early days of Islam, although recently a number of Arabic terms have been used as its equivalent. Philanthropy is sometimes called *al-'ata' al-ijtima'i* (social giving), sometimes *al-takaful al-insani* (human solidarity), or *'ata khayri* (giving for good). Sometimes it is also referred to as *al-birr* (good deeds) or *al-sadaqah* (almsgiving).

On the other hand, Linge (2015) in Syahril et al. (2019) define the concept of philanthropy as an alternative for a community group to reduce social disparities between communities, in this case to create and maintain the benefit of life and human dignity. Meanwhile, Islamic philanthropy is the teaching that people should work together to make people's lives better through the spirit of "giving." For example,

Allah SWT told Muslims they had to do things like zakat, infaq, sadaqah, endowments, and other social tools (Sa'i, 2014 in Syahril et al. (2019).

Zakat is a religious ritual worship in Islam that has dimensions, both towards Allah (*habl min Allah*) and relationships with others (*habl min al-Nas*), and is one of the pillars of Islam that has an important status and function in Islamic law. Apart from that, zakat is *maliyah ijtimai'iyah worship* (worship related to economics and society) (Safradji, 2018). Apart from that, Iqbal (2015) in Ben Jedidia & Guerbouj (2021) also said that property owners are asked to pay zakat when *al-mal* (wealth) reaches *al-nisab* (the minimum amount of wealth that a Muslim must have for one full year before the due date of zakat). M. Abdullah & Sapici (2018) also emphasized that zakat plays an important role in economic development and in overcoming social problems. One of these social problems is poverty.

Etymologically, "poverty" comes from the word "poor," which means having no possessions and lacking everything. The Central Bureau of Statistics defines an individual's inability to meet the minimum basic needs for a decent life and further states that poverty is a condition that is below the standard value line for minimum needs, both food and non-food, which is called the poverty line, also *known* as the *poverty* threshold (Ferezagia, 2018). According to the World Bank (2004) in Ferezagia (2018), one of the causes of poverty is a lack of income and assets to meet basic needs such as food, clothing, housing, acceptable levels of health, and education.

Talking about health, stunting is a serious problem. This is because it has a huge impact on children's health and the economy of a country. The health impacts caused include (1) failing to thrive (being small, short, or thin at birth), which can make it hard for the child to learn to think and move; and (2) metabolic failure as an adult, which increases the risk of noncommunicable diseases like diabetes, obesity, stroke, heart disease, and more. The resulting economic impact has the potential to cause annual losses of 2 to 3 percent of GDP (Susanti, 2022). This is in line with the opinion of Laras & Mulyanti (2023) that the cause of stunting is not only food factors but also economic factors, namely poverty, which is closely related to stunting. Children in families with a low economic level are more at risk of experiencing stunting due to their low ability to fulfill nutrition, increasing the risk of malnutrition, as are mothers during adolescence and pregnancy.

Seeing how crucial the social problems that occur, especially stunting and poverty in general, require an institution that can manage zakat professionally, it is hoped that these social problems can be resolved better. This agrees with what Habib (2016) said in Bastiar & Bahri (2019), who said that zakat needs to be professionally managed by a special group whose job it is to follow Islamic law when it comes to everything from calculating, collecting, and managing zakat to spending and giving it away (*tasharruf zakat*). There are institutions for zakat established in Indonesia by both the government and the community, namely the National Amil Zakat Agency (BAZNAS) and the Amil Zakat Institute (LAZ).

Several empirical studies have been conducted regarding the role of zakat in alleviating stunting. One of them, by Septiana et al. (2022), discusses "*the role of productive zakat in efforts to increase the economic level of stunting families*," and the findings demonstrate that addressing poverty is essential to lowering stunting rates. One way to address poverty is through productive zakat-giving activities. Furthermore, Sakti & Fahrullah (2022), in their research entitled "*ZIS Management as an Effort to Improve Community Welfare (Study at BAZNAS Jombang Regency)*," resulted in the management of zakat, infaq, and alms in improving community welfare in BAZNAS Jombang Regency. They found that the "Jombang Berdaya, Jombang Sehat" program found that a productive economy can help micro and small businesses, and consumer aid can raise the standard of living for children with special needs. This adds to the findings of research by Septiana et al. (2022), who discovered that there are two ways to use zakat: productively and consumptively. Productive zakat means giving zakat to the poor to use as business capital, which can become their livelihood. With this business, it is hoped that they will be able to meet their own living needs. Consumptive zakat is zakat given to those who cannot afford it and really need it directly, such as the poor, to fulfill their daily needs, including food, clothing, and shelter (Safradji, 2018). Apart from that, research conducted (Alshater et al., 2021); (N. Abdullah et al., 2015); (Raimi et al., 2014); (Zauro et al., 2020) also focuses on aspects of poverty and the role of zakat.

Based on previous research, not many studies have looked at how big a role zakat institutions play in solving certain social problems, such as stunting. Therefore, researchers are interested in providing

new research by examining the role and impact of zakat in alleviating stunting with the title "The Role and Impact of Zakat in Alleviating Stunting by LazisMu DIY Region in Yogyakarta."

## RESEARCH METHODS

This is qualitative research with a case study in LazisMu, Special Region of Yogyakarta. The population in this research includes all parties involved in the Zakat program as an instrument for alleviating stunting by the LazisMu DIY Region in 2022.

The sample method for this research uses random sampling because the number of beneficiary populations is not well identified and many beneficiaries are not willing to become resource persons for various reasons. Detail requirements samples are as follows:

1. Zakat Institution
  - a. The zakat institution involved in the zakat (Timbang) program as an instrument for alleviating stunting by the LazisMu DIY Region in 2022 as zakat manager
  - b. Have a work program related to stunting alleviation
  - c. Have achievements at the local or national level related to alleviating stunting
  - d. Willing to become an informant
2. Mustahik (Beneficiaries)
  - a. They were involved in the Zakat (Timbang) program as an instrument for alleviating stunting by the LazisMu DIY Region in 2022 as participants.
  - b. Willing to become an informant
3. Field Officer
  - a. The field officer involved in the zakat (Timbang) program as an instrument for alleviating stunting by the LazisMu DIY Region in 2022 as a field officer
  - b. Willing to become an informant
  - c. Understanding maternal and child health
  - d. Understanding zakat distribution

Six people from three different groups were used as a sample: one from the Zakat Institution (LazisMu DIY Region), four mustahik who benefited from the stunting program, and one from the Field Officer (Regional Leadership of the Aisyiyah Special Region of Yogyakarta, or PWA DIY).

The type of data used in this research is subject data. The data source used in this research is primary data. The data collection techniques used were observation and structured interviews.

The definition of operational variables in this research is explained in several ways. The description is as follows:

A role is something that is played or carried out (DPN, 2014). A role is defined as an activity played or carried out by a person or institution. Meanwhile, impact, according to the KBBI (Big Indonesian Dictionary), is an impact or influence that causes positive and negative consequences. According to KBBI, institutions are institutions or something that is institutionalized due to law, custom, or habit (such as associations, community organizations, or the habit of doing halal-bihalal on the Eid al-Fitr holiday). Meanwhile, according to Zauro et al. (2020), zakat is an obligation to share assets from rich people with poor or needy people.

So, there are three operational definitions of variables in this research, including the following:

1. The role of zakat is to be an alternative solution for overcoming social problems (M. Abdullah & Sapiei, 2018).
2. The role of zakat institutions is realized through empowerment work programs based on priority scales and mustahik potential (Herianingrum et al., 2023).
3. The impact of zakat has an influence that has positive and negative consequences for mustahik (beneficiaries).

Next, an interview guide was created based on the operational definitions of these variables

The research uses qualitative descriptive analysis, validity testing (credibility test: data triangulation, transferability test, dependability test, confirmability test), and qualitative data analysis (data reduction, data display, drawing conclusions, or verification) to look at the data.

A visualization of the research flow is presented in the form of a flowchart. The flowchart in question is as follows:

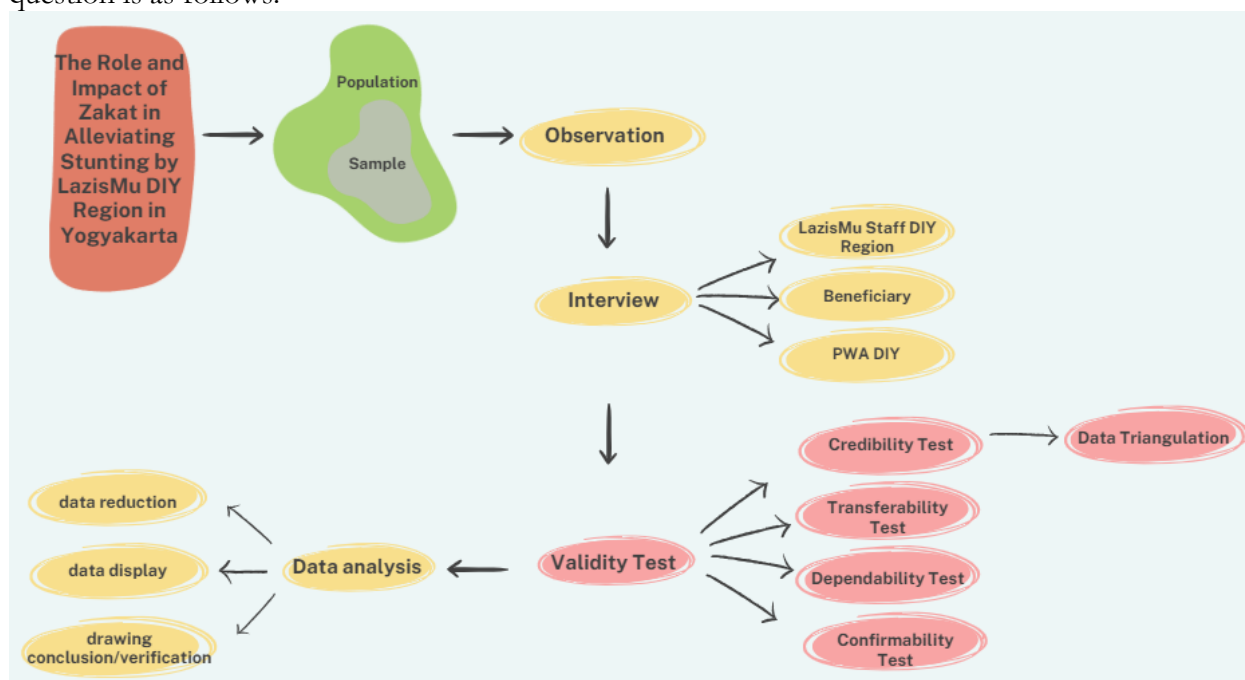


Figure 1. Visualization of research flow

## RESULTS AND DISCUSSION

### Results

#### The Role of Zakat in Alleviating Stunting by LazisMu DIY Region in Yogyakarta

The development of Lazismu Special Region of Yogyakarta (LazisMu DIY Region) began when it was still called Rumah Zakat and underwent a name change over time. The Ministry of Religion granted Lazismu DIY a Decree (SK) in 2017 as Laznas DIY's representative because another organization had already patented the name "Rumah Zakat." The name "LazisMu" itself has been used since 2012 and has become one of the Muhammadiyah institutions as a supporting element for the leadership, which was previously known as the ZIS Muhammadiyah Institution.

#### Informant Profile of Zakat Management Staff (LazisMu DIY Region)

Informant's name: Muhammad Rizal Firdaus

Position: Head of LazisMu Program for DIY Region

#### LazisMu Interview Results for Special Region of Yogyakarta (Data Reduction)

Interviews with LazisMu staff members in the DIY Region have led to the discovery of four important facts about the role of zakat in preventing stunting. An explanation of these four points is presented as follows:

##### Zakat Helps the Dhuafa (Including Asnaf for the Poor)

*“Providing nutrition to pregnant women is one form of effort to improve the quality of life for both the mother and her child. With the hope that when born, children can have good growth and development, become intelligent, and raise the dignity of their family.”*

Timbang (Improve Balanced Nutrition) LazisMu Health Pillar Flagship Program

*"Timbang is a program that has been implemented by LazisMu in collaboration with the Regional Leadership of Aisyiyah DIY and BKKBN DIY in an effort to eradicate stunting in DIY."*

The distribution of the LazisMu Zakat Fund is carried out in partnership so that it is right on target.

*"LazisMu partners with parties who are competent or concerned with the program being implemented; for example, BKKBN is a government institution that has tasks, one of which is stunting alleviation, and in Muhammadiyah itself there is the Aisyiyah Regional Leader who also has a stunting alleviation program. " With the same field/program focus, this is the basis for LazisMu to establish partnerships with various parties such as PWA DIY and BKKBN in the process of distributing zakat funds for the health pillar program (Timbang)." With scientific studies conducted by PWA DIY and BKKBN, it helps LazisMu manage zakat well, which means that apart from the criteria for being dhuafa (indigent and poor), they also have nutritional needs, families with small incomes, and many family dependents, making LazisMu rich indicators in assessing potential beneficiaries."*

Zakat as an Effort to Improve the Quality of Life

*"With the existence of zakat and existing programs such as "Timbang," it is an effort to improve the quality of life of mustahik to become non-mushabik in the sense of at least being able to meet their own basic needs, and hopefully in the future they can become muzaki."*

## The Impact of Zakat on Stunting Beneficiaries

### Profile of Stunting Beneficiary Informants

**Table 1.** List of Beneficiary Informant Profiles

No.	Informant	Origin	Education	Beneficiary Conditions
1	A	Umbulharjo	Vocational School	Follow the "Timbang" program when pregnant
2	B	Umbulharjo	Vocational School	Participate in the "Timbang" program when a child is born aged less than a year with indications of stunting
3	C	Kotagede	Junior High School	Follow the "Timbang" program when pregnant
4	D	Kotagede	Elementary School	Follow the "Timbang" program when pregnant

Source: Primary data, processed (2023)

### Interview Results of Stunting Beneficiaries (Data Reduction)

Through the data reduction process, the results of interviews with beneficiary informants showed that there were three important points regarding the impact of zakat on beneficiaries in alleviating stunting. An explanation of these three points is presented as follows:

Beneficiaries are Well Educated on Stunting

**Table 2.** List of Beneficiary Informant Responses

No.	Informant	Informant Response
1	A	<i>"I got education and socialization about stunting when I took part in the program yesterday, and when I got my health check, I also got it."</i>
2	B	<i>"We received education yesterday, such as the characteristics of growth and development and how to deal with them."</i>
3	C	<i>"Yes, I got education from LazisMu, BKKBN, and Aisyiyah about what stunting is, how to suppress stunting, and how to overcome it."</i>
4	D	<i>"Yes, you will be told what stunting is and how to overcome it."</i>

Source: Primary data, processed (2023)

Beneficiaries Really Feel the Positive Impact of the "Timbang" Program

**Table 3.** List of Beneficiary Informant Responses

No.	Informant	Informant Response
1	A	<i>"Yesterday I got basic necessities, such as rice, eggs, sardines, rendang, and green beans. Alhamdulillah, this program is very useful for me."</i>
2	B	<i>"I can check the child's health, get basic necessities, including rice, rendang meat, sardines, eggs, and then I get the box of green bean juice." Thank God it's useful.</i>
3	C	<i>"Yesterday we got eggs, sardines, green beans, rice, and rendang. Alhamdulillah, this program is really useful."</i>
4	D	<i>"There were yesterday's basic necessities: rice, green beans, sardines, and others. Useful, bro."</i>

Source: Primary data, processed (2023)

Beneficiaries are Enthusiastic and Support the Sustainability of the "Timbang" Program

**Table 4.** List of Beneficiary Informant Responses

No.	Informant	Informant Response
1	A	<i>"It's best to continue this program; just imagine that those of us with incomes below this are really helped; what's more, now all basic necessities have gone up and we can check our children's health for free; if you're out there, you have to pay for it yourself; it's really expensive."</i>
2	B	<i>"This program should be continued because it can help children like that."</i>
3	C	<i>"This program is being improved; hopefully this program can reduce stunting even more."</i>
4	D	<i>"Just continue and improve, bro."</i>

Source: Primary data, processed (2023)

## **The Role and Impact of Zakat in Alleviating Stunting by LazisMu DIY Region with PWA DIY Perception Approach**

### **Informant Profile of the Leader of the Aisyiyah Special Region of Yogyakarta (PWA DIY)**

Mrs. Ismawarti was the PWA DIY informant's representative. In the previous period at PWA DIY (2018–2022), she served as Chair of the PWA DIY Health Council, and the Aisyiyah Central Leadership (PPA) was entrusted as Treasurer. Meanwhile, for the current period (2022-2027), she is appointed as Deputy Chair of PWA DIY, Coordinator for the PWA DIY Health Council, and Social Welfare Council (in charge of two assemblies).

### **PWA DIY Informant Interview Results (Data Reduction)**

The interviews with people from PWA DIY revealed five important points about the role and impact of zakat in reducing stunting by the LazisMu DIY Region in Yogyakarta. These points were found during the data reduction process. An explanation of these five points is presented as follows:

#### **Alleviating Stunting is a Crucial Issue**

*"Stunting is not only a local problem but also a national problem. Stunting itself is where a child's condition experiences a discrepancy between their height and the height of children their age. However, being short is not necessarily stunting, but stunting is definitely short (stunting). "It is chronic and even chronic and will become more visible when the child is 2 years old."*

#### **Zakat as an alternative solution to reduce stunting**

*Every Muslim contributes some of their wealth to both zakat fitrah and zakat mal to help others. Zakat can also be given to those in need; in this case, it is related to the problem of stunting; it can be given because of their inability to fulfill their nutritional needs."*

In efforts to eradicate stunting, zakat can be integrated into various social programs that involve many parties

*"PWA DIY collaborates with LazisMu DIY Region and BKKBN in efforts to eradicate stunting. This collaboration involves many structural elements in Aisyah, from regional, regional, branch, to branch levels. " Every Aisyiyah administrator at each level carries out in-depth identification of people who experience or are at risk of stunting."*

#### **LazisMu DIY Has an Important Role in Alleviating Stunting**

*"The role of LazisMu is very important in providing an example of good nutrition for children, providing a good education, alleviating stunting, and collaborating with various parties." The nutrients that can be provided by LazisMu are nutritional stimulants, for example, in good nutritional composition such as eggs, rendang, and milk, which are examples of animal proteins. " Then the distribution can be coordinated with PWA DIY."*

#### **The LazisMu Stunting Alleviation Program is Very Useful**

*"It is clearly beneficial, even very beneficial, if the number of beneficiaries can be increased."*

## **Overall Analysis of the Role and Impact of Zakat in Alleviating Stunting by LazisMu DIY Region in Yogyakarta**

### **Overall Data Presentation ( Data Display )**

Overall, the study about the role and impact of zakat in reducing stunting by the LazisMu DIY Region in Yogyakarta had 12 points for the answers given, and all of them were connected. The 12 points are presented in the following table.



**Table 5.** List of Overall Informant Responses

No	Informant	Category	Important point
1	LazisMu Staff DIY Region	Role	Zakat Helps the Dhuafa (Including Asnaf for the Poor and Poor)
			Timbang (Improve Balanced Nutrition) LazisMu Health Pillar Flagship Program
			The distribution of the LazisMu Zakat Fund is carried out in partnership, so it is on target.
			Zakat as an Effort to Improve the Quality of Life
2	Beneficiary	Impact	Beneficiaries are Well Educated on Stunting
			Beneficiaries Really Feel the Positive Impact of the "Timbang" Program
			Beneficiaries are Enthusiastic and Support the Sustainability of the "Timbang" Program
3	PWA DIY	Role and Impact	Alleviating Stunting is a Crucial Issue
			Zakat as an alternative solution to reduce stunting
			In efforts to eradicate stunting, zakat can be integrated into various social programs that involve many parties
			LazisMu DIY Region Has an Important Role in Alleviating Stunting
			The LazisMu Stunting Alleviation Program is Very Useful

Source: Primary data, processed (2023)

**Drawing Conclusion/Verification**

The twelve important points that were found show that stunting has become a very crucial issue around us and has negative impacts in the short and long term. The presence of zakat is an alternative solution that can be provided to help poor people who are legally included in the category of needy and indigent. So that the benefits of zakat can be truly felt, LazisMu DIY Region needs to partner with various parties who are competent in their fields in accordance with the programs being implemented so that they can help others and improve the quality of life for the beneficiaries themselves. In the end, PWA DIY informants confirmed that the LazisMu DIY Region's role in managing and distributing zakat funds is crucial in efforts to eradicate stunting and has a significant positive impact on the beneficiaries.

**Discussions**

The results of this research show that zakat has a big role in improving the quality of life through alleviating stunting, and the zakat institution (LazisMu DIY Region) also has an important role as an institution that accommodates social problems such as stunting through work programs and zakat distribution. Apart from that, zakat also has a big impact on the beneficiaries, from the uneducated to the educated, from the malnourished to the well-nourished, and even the beneficiaries support the

continuation of the program. The results of this research are in line with what was found by M. Abdullah & Sapiei (2018): that in the midst of existing problems, zakat is present as a solution to economic development and overcoming social problems.

Future researchers may be able to address the numerous limitations of this study. The limitations of this research are that it is not easy to obtain exact population data, and many beneficiary informants are still not willing to be interviewed.

## CONCLUSION

Based on the results of the study and the data analysis, two important conclusions can be drawn. These two conclusions are that the role of zakat and an institutional zakat in alleviating stunting by the LazisMu DIY Region are very important and meaningful. The beneficiaries' satisfaction with their basic needs and enthusiasm for the continuation of the stunting alleviation program are further indications that zakat has a positive impact on them.

This research has theoretical and applied implications. This theoretical implication is a research finding that can be used as a reference for further research. The applied implication is to make zakat institutions, muzaki, mustahik, and the public in general aware that zakat and zakat institutions play an important role in alleviating social problems, especially stunting, and have a positive impact on beneficiaries.

Based on the discussions and limitations of this research, researchers suggest several things, including:

1. For Further Researchers:
  - a. Expand the scope of research and increase the number of informants
  - b. Conduct empirical research with a quantitative approach.
2. Zakat Institution
  - a. Maintain and increase the number of cooperation partners in distributing zakat
  - b. Maintain and increase the number of muzaki, both in quality and quantity
  - c. Maintain and improve zakat management governance.

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